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The IOWA HOMEMAKER



Girls Don't Date in China . . .

By Betty Melcher

Courtesies Mark the Man . . .

By Virginia Garberson

Men Expect Courtesies From Women . . .

By Donald McGuinness

Housework Is Faculty Home Work . . .

By Hazel Moore and Grace Raffety

APRIL, 1934

VOL. XIV - - NO. 1

Tea Table Topics . . .

Vacuum Cleaners Studied

THEY'RE putting on the "ritz" in Home Economics Hall. At least that was the impression given in the main floor corridor recently when a luxurious, springy carpet appeared.

But a sign dispelled the illusion. It said, "Household Equipment Research Problem—Please Walk Full Length of Rug."

And so a good many students assumed that somebody wanted to find out how long such a carpet would wear. They were still wrong. The experiment, when it's completed, will determine the relative amounts of nap removed by different types of vacuum cleaners. The experiment is being conducted by Miss Lenore Sater, assistant professor; Miss Elizabeth Beveridge, graduate assistant, and Mrs. Louise Peet, head of the Household Equipment Department.

The rug is being cleaned twice a week and the amounts of dirt taken up by each cleaner is calculated by weighing the empty bag and subtracting this from the weight of the bag after cleaning. The dirt is collected from the bags after each cleaning and is very thoroughly washed to separate the dust and sand from the nap taken from the rug. The nap is weighed to determine the amount of nap that each cleaner draws from the rug.

IN THE test there are two or three operators who run the machines at once. One strip of carpet is assigned to each cleaner, and as the strips are uniform in size, there is absolutely no discrepancy here. Another person controls a switch which is common to all cleaners so that they operate for exactly the same length of time. The operators time their movements so that they move at the same rate of speed. Thus each strip of carpet is cleaned the same length of time and at the same rate.

To allow for any irregularity in position, for you see the first strip in the carpet might receive the most dirt, the strips of carpet are rotated after each cleaning. The last strip of carpet is ripped off and sewed to the opposite end of the rug, so that this possible error is taken care of.

There are in general three types of electric vacuum cleaners—the straight air, in which suction or moving air alone is depended upon to take up the dirt; the motor-driven brush, which uses a rotating brush turned by the motor in addition to the suction; and the agitator type, which has a metal agitator with dull bladelike projectiles which beat the carpet and loosen the dirt, which is then carried into the bag by the moving air. Four straight-

air, four motor-driven brushes and one agitator types of cleaners are being used in the test.

"We expect to run the experiment from now until school is out," said Miss Sater. So home economics students can plan to have their hall carpeted for the rest of the year.

London Prints I. S. C. News

NEWS from Iowa State is recognized abroad. From the January 1 issue of the Birmingham Post, London, the "London News Letter for Women" says this:

"Further news of feminine America tells of a promise of dress reform emanating from the economic science classes of Iowa State College. These classes are directed by a woman doctor, and their intention is to invent clothes that will be of a purely scientific sort, giving comfort, health and freedom of movement, strictly ignoring fashion. If their good intentions bear fruit, both men and women will adopt loose blouses with shorts of a loose tunic effect to cover the nether limbs. In the summer, sleeves will be short, in the winter, long. Caps with earflaps will be allowed in the coldest months, but hats are forbidden, together with ties, collars, belts, and high-heeled shoes. For underwear, paper is suggested, thus eliminating washing bills, yet providing sufficient warmth. Even summer dresses, I am told, may 'eventually' be made of paper; the 'eventually' representing, I suppose, the proviso that, by the time paper is used for this purpose, it will have been taught not to tear. Altogether, Iowa State College is extremely scientific, businesslike, and economical. But alas! alas! for that curer of all spiritual ills, the new hat."

Girls Broadcast Styles

PRACTICAL experience in writing radio continuity and in broadcasting was gained by the girls in Mrs. Marguerite Hopkins' class in advanced costume design during winter quarter.

Members of the class prepared dialogues and with Mrs. Hopkins they broadcast the series over WOI during February and March.

The subjects discussed were spring fabrics, styles for spring dresses and suits, new accessories, spring millinery, spring neckwear, and becoming colors for the individual.

The girls in the class were: Adaline Ames, Constance Bassett, Martha Brandt,

Betty Carlson, Marjorie Christenson, Ethel Cone, Dorothy Cox, Esther Grau, Ruth May Green, Ruth Hall, Daisy Lake, Virginia Larmer, Gladys McVay, Wanda Nielson, Helen Rohrs, Anna Sokol, Marcella Sprole, Viola Sykes, Imogene Walton, Florence Williams, Olah Wilson, Marian Wilton.

Hose Survey Conducted

HOSE that have no rings, that aren't shiny, that wear well and that are cheap! What a god-send they would be for college girls!

The Home Economics Clubs of the various colleges of America hope to bring about such a standard in hosiery in the near future.

Miss Iva Brandt of the Textiles and Clothing Department and faculty advisor for that department in our Home Economics Club, has given out questionnaires and wearing records to about 200 girls in order that the necessary information can be collected. Inquiry is made as to the quality the girls want in hose and what information they are able to get about the hose that they buy.

On April 1, the material from this survey will be compiled and sent to the Home Economics Club of the University of Missouri, which has taken over the responsibility of outlining the complete hosiery project. With the knowledge obtained it is hoped that women will become aware of the need of a standardization in hosiery and will help to bring it about.

Students Are Pledged

THIRTY Home Economics students have recently been pledged to honoraries for women.

Pledges to Delta Phi Delta, art honorary, are Helen Clemons, Ruth McLaughlin, Lucile Porter, Therese Warburton, Rosemary Welden, and Arlen White.

Ruth Cook, Olive Jensen, Claire Chadwick, Betty Melcher and Bernice Borgman are the newest pledges to Theta Sigma Phi, fraternity for women in journalism.

Phi Upsilon Omicron with twenty-one students and three faculty members, has the largest number of pledges. The pledges are Barbara Apple, Sarah Bouska, Ruth Born, Edith Blood, Marjorie Countryman, Mary Elizabeth Brann, Ruth Cook, Eleanor Gonder, Laura Christensen, Hazel Moore, Alberta Hoppe, Dorothy Palmer, Grace Raffety, Janice Stillians, Ruth Farnam, Betty Lou Prall, Caroline Wallace, Pauline Watson, Doris White, Rosemary Welden, and Therese Warburton. The honorary pledges are Miss Fern Gleiser, Miss Louise L'Engle, and Miss Hazel McKibben, of the home economics faculty.

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NO. 1

Chu I Yang Tells Betty Melcher That

Girls Don't Date in China

WHEN 10 o'clock comes at least 3 hours too soon on the night that you have a date with *the* man, don't moan because you have to keep hours; instead, shout out your joy that you are in school at Iowa State College and not Cheeloo University in China!

Chu I Yang, Chinese coed who is taking graduate work in entomology here, thinks we have unheard of freedom. She is a graduate of Cheeloo University. In her native country, China, the word "date" just isn't! If a young, handsome lad spies a charming lass, he has to get three or four other couples to go along before he can even take her out for a walk. Even then, they may have a chaperon hovering in the background. In Chinese universities, nice girls just don't go out with men alone—unless they have known said gentleman for some time and their interests toward each other are strictly honorable.

Miss Yang is a delightfully charming girl who fairly radiates her lively personality. Her teeth are remarkably white and regular and her small eyes, typical of her race, sparkle like brown topaz from behind her gold rimmed glasses.

In her charmingly foreign accent, Miss Yang says, "In China we don't have dates. We meet young men in our classes, in organizations, science clubs and societies. We go to these places in groups always. Sometimes a party of young people go to the theater together—but never alone—or the girl's character would be questioned if anyone should find out about it.

"Chinese are not a kissing race. We never, never do what you call 'neck.' Of course, after a couple are engaged, they kiss a little, but only in private, and then secretly."

IN CHINA, you can't even kiss your own mother or dad! At least one never does. Miss Yang tells about a professor she once had in high school who

gave a talk on Chinese customs. "In China we do not kiss," he said. "You go ahead and kiss your mother—I will give you 10 dollars! But no one wants to kiss his mother—no one wants the 10 dollars."

The famous "5 pounds" which play a part in the coveted dream of every coed at Iowa State are unheard of in China.



When a young man and girl desire to announce their engagement, they sometimes send out announcement cards inviting their friends to come to their party at a certain time. When the friends go to the party, they often take gifts to the engaged couple and they *always* take "good words." The "good words" the guests offer to the couple depend on the individuals. Some of the more common phrases are: "We hope you will live until you are both very old and die together;" or "Long life;" or "We hope you will have many children." The latter is a good blessing—for in China children in a family mean the parents are blessed. Married people, according to Miss Yang, are considered "no good" if they do not have children, because no children is a sign of an ill-blessing.

When university students in China wish to "go some place," they never consider a dance as we do, because dances

in China are only for foreigners or bad people. Bridge is a vague game that only Christian organizations plan. When Chinese students get together for the evening, they play Chinese chess, group games, work puzzles, and they even compose poetry in game fashion.

Miss Yang on the campus wears the costume of her native country. One of her dresses is made of green velvet trimmed sparingly with green satin. It is cut wrap-around style, fastening on the side, while the skirt boasts a modest split to the knee. Her neck is clothed in a high, tightly fitting collar and her sleeves are only three-quarters in length. Her slim figure gracefully carries her simple, straight and comfortable costume.

It is a dress of a design similar to this that Chinese girls wear to their formal dinners—only they don't call them formal dinners. As Miss Yang explains, "We do not have formal dinners. We have formal feasts! Of course, they may be either formal or informal."

BEFORE this feast is served, the guests are entertained at a tea party. Hot tea, watermelon and squash seeds, cookies, dried fruit and candy are served—and in between sips the guests talk. After everyone has been properly teated, the party goes in to dinner. The very smallest feast must have at least 12 different dishes of food, while the very formal affair boasts of 60 to 100 dishes! The feasting lasts 2 or 3 hours.

The Chinese feast is carried on somewhat like the American installment plan. To start the dinner off, a platter of meat, a bowl of vegetables, and possibly a dish of sea food are served. In the meantime more victuals are being cooked and prepared in the kitchen. Everyone tastes the different foods, and if he likes something he can have more of it—if he dislikes it, he isn't wasting it by taking a complete serving the first time. This

(Continued on page 14)

When Coeds Forget Calorie Count

By Ruth Cook

A CLOCK striking midnight, shades pulled close, blanket stuffed in the transom . . . fudge bubbling in a chafing dish, giggles bursting from a roomful of girls—that's the way the harried novelists represent the typical college girl.

Not Iowa State women.

They couldn't square it with their consciences. It isn't that they don't eat between meals. They do, right enough. That's just the point—they do it right and enough. They haven't studied all those dietaries for nothing.

Along about bed-time when her appetite gets the best of her and those long walks between classes begin to tell, an Iowa State coed and her roommate dip into their private larder for a bite.

A group in one of the sorority houses keeps grape-fruit in the window. When hunger-time comes around the girls peel themselves a grape-fruit and section it orange-fashion. Oranges and apples, by the way, are also favorites in dormitories.

MISS DOROTHY ANDERSON, dietitian at the College Hospital, suggests that the girls eat plenty of fruit. "Dried fruits," she says, "since they are high in calories, are especially good for the girl who is under-weight."

The girls themselves not only believe in keeping the more ordinary dried raisins, figs, dates and apricots on hand, but at least one coed has been caught red-handed with a box of dried prunes.

Over at the Institutional Tea Room they make candied apricots from the dried fruit which Mrs. Elma Bywater, instructor in foods and nutrition, suggests as a comparatively harmless sweet.

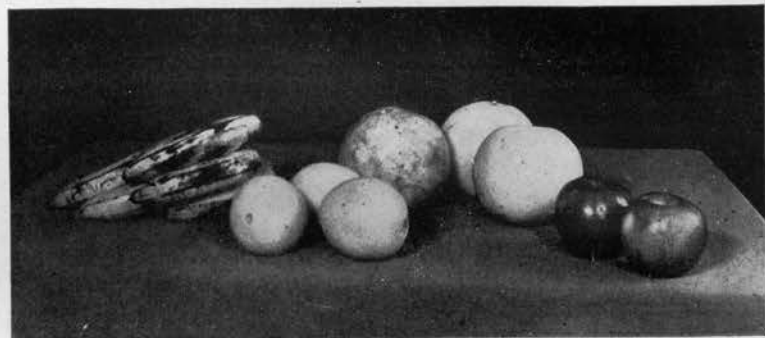
The apricots are cooked until they are softened but not flabby. In the meanwhile, two cups of sugar with one cup of water are boiled to a syrup. The apricots are dropped into the syrup and the cooking continued until the syrup slides from the spoon like jelly.

To do this one would of course have to withdraw to the grill in the kitchenette. But once made, this healthful sweet could be kept in the room.

The hungry coed needn't stir out of her room to make candy if she'd rather not. When that bread she got for sandwiches last Saturday is just dry enough to hold its shape—about two or three days old—she cuts it into long sticks. An easy way would be to cut the sliced bread lengthwise into sections the width of the slice. Now she pours a bit of milk—condensed milk, diluted with water, if whole milk is hard to get—into some

mixed cocoa and powdered sugar. She makes a smooth frosting and then coats the sticks with it. Finally, she rolls the be-chocolated bread in cocoanut and yum—her treat is done.

THEY'RE hot on the trail of vitamin C, these Iowa State women are. At least that's what their stocks of tomatoes would lead one to think. One Alice Freemanite keeps quart bottles of the juice in her room. It's home-made at that. Her



Fruits Are Hunger-Time Favorites

Clara Barton neighbors go her one better when they lunch on tomatoes canned whole.

The girl who keeps a teapot in her room is no eccentric, but what about the one who makes use of a coffee-pot? One coed has found that good drip coffee can actually be made by allowing tap water to run until it is as hot as possible. This is generally somewhere near 85 degrees Centigrade—figure it out for yourself. She admits that the pot has to be kept over the radiator or in hot water while waiting for the coffee to drip out, but then, for a good cup of coffee—

Then there is the dormitory outfit that just must have its chocolate malted. A bit of condensed milk to make a paste of the powdered malt, hot water—enough to fill the cup—a little application of a spoon, and there are the things necessary for a cup of hot chocolate.

A reg'lar malted milk can be made, those in the know claim. Just stir some of the powdered malt into a dipper of ice-cream—purchased ahead of time. The flavor is said to be quite convincing.

SANDWICHES are old stand-bys. Cheese, peanut butter, sandwich spreads, jellies and jams are always kept on hand. As a variation, Mrs. Bywater makes high claims for rye-krisp with Velveeta cheese melted in a double boiler.

Celery stuffed with prepared cheese is another of her favorites for in-between-times.

One mustn't forget the fruit salad—the kind that's made with jello and has oranges and apples and bananas and marshmallows plus anything else that you happen to have in it. For in-your-own-room consumption it's made in tall glasses and chilled in the window.

A few precautions for storing your food. Of course the window ledge is the coldest place in the room.

For such staples as sugar, salt and cocoa, as well as culinary instruments, a small cupboard made out of a fruit crate, painted, and curtained with creton, is distinctly an asset. A small tub or basin—remember the one that came with that toy laundry set—and plenty of towels

will lighten the cleaning-up task. A fold-away card table will lend a ritzy feeling at serving time.

Miss Anderson reminds coeds that pickles and cheese are not a good combination at 11 or 12 p. m. She thinks that the girls of Iowa State have been extra wise in their selection of 'tween meal foods.

"Remember," she adds, "you're being kindest to the girl who is overweight when you don't invite her to one of your heaviest spreads."

Women on Debate Squad

IOWA STATE women have reentered debate. This winter, for the first time in 3 years, Iowa State's Intercollegiate Debate squad included women—Lucile Oak and Florenda Schon, both seniors in home economics.

On a 5-day trip through Missouri and Kansas the women participated in five debates, arguing both sides of two questions: Resolved that the President's powers should be increased; and Resolved that sororities are detrimental to American life.

Other debates are scheduled for this year with Drake and Iowa State Teachers' College; an even fuller program is being planned for coed debaters next year.

Housework Is Faculty Home Work

By Hazel Moore and Grace Raffety

BETWEEN labs and lectures, faculty meetings and committees, our Home Economics faculty find time for housekeeping by devising labor and time saving shortcuts.

Some of them do all of their work and care for a family besides. Others have only a small apartment to keep up.

Dr. Peet, of the Household Equipment Department, is one who does her own housework, and takes care of her 14 year old son. She says that one way she saves time is by having her son help her. This relieves her of part of the responsibility. He receives a daily allowance of 5 cents for his part in the work, and a larger sum on Saturday if he has made his bed and kept his room clean all week. Neither Dr. Peet nor her son likes a hearty breakfast so this meal usually consists of fruit and milk. If either one wants more he gets it for himself.

On Sunday Dr. Peet takes a day of rest from work by always going out for the noon-day meal. She also economizes by preparing a large roast once a week, and then she uses it in various dishes throughout the week's menus. While fixing the evening meal, she prepares a luncheon dessert for the following noon. Occasionally she buys a cake from the institutional classes.

MISS Kirkpatrick, who lives in a small apartment, says she finds the easiest plan is to do a little work every day so that she does not have to face an appalling amount of piled up work on week-ends.

In her tiny kitchenette she makes the most of her space by using jars, tin containers and saved paper bags for the storage of food. She utilizes scissors for cutting a multitude of foods from eggs to vegetables. Wax paper is always available for covering foods in her electric refrigerator. Her biggest problem because of the limited space in her kitchen is to find serving room. At present she has a plan to put a drop leaf shelf above her sink and one on the inside of the cabinet door. These shelves can be raised up and down to meet her needs.

The service director of Home Economics Building, Miss Madge Harding, advocates the use of electrical contrivances for convenience. Her latest acquisition is an electric biscuit baker. She has been enjoying biscuits made during the meal and has found hot shortcake served with left over fruit a delightful dish. Beside this she has in her kitchen an electric mixer which she uses for mixing everything, and finds it a handy labor

saver. Toasters, waffle iron, and grill are other means of short cuts.

BECAUSE Mrs. Hopkins is a textile and clothing instructor, she can frankly say that she uses "Bisquick" for all her biscuits, muffins and waffles. She also saves scouring by lining her muffin tins with crinkled paper cups, which at the same time, give an attractive product. She says that she tries to keep soup stock on the shelf so that the left overs of the evening may be used the next noon.

Miss Louise L'Engle finds that large mesh cloths sewed together make a handy bag for keeping lettuce, carrots, and other vegetables together in the ice box. In her kitchen she has a supply of newspapers. It is on these that she peels her fruits and vegetables; afterwards the paper is rolled up with the peeling and disposed of. She tells of a friend who uses old magazines and tears off a page as she needs it. She saves her big paper bags to use as lining for her garbage pail. This way the pail requires less attention.

Dean Fisher's secretary, Mrs. Maude Sharf, told us of the practical plan she uses in purchasing two pairs of stocking of the same kind. She folds them together so that there are at least two stockings which may be mated. She finds it a good idea to darn and wash hose before retiring; then they will be ready for wear the next morning.

"PHYSICAL education people love manual labor," was the expression of Miss Madge Hill and Mrs. Myrtle Fos-

ter, of that department. They prove it by doing all their own housework. They find that more time is saved by washing the dishes immediately after each meal, not only in keeping the kitchen clean but in preventing the accumulation of work.

One of their favorite practices is keeping a raw mixture of cookies in the refrigerator and then baking them during the meal. Neither Miss Hill nor Mrs. Foster have a regular schedule of work, but both cooperate to the nth in getting their work done.

Miss Alice Dahlen and Miss Hazel McKibben, of the Home Economics Education Department, share an apartment. They think they save the most time by doing the dishes just once a day. After each meal the dishes are rinsed, stacked, and set out of sight.

They have a scheme of cooperation, too. One of them plans and prepares the dinners for a week, while the other plans and prepares the breakfast. They find it more economical to let the one doing the dinner work order the groceries for breakfast. Like Dr. Peet, they have a big roast once a week and then camouflage it in many dishes during the week.

Mrs. Bywater makes a pleasant Sunday evening at home a practical one. She jots down menus for the ensuing week while she listens to the radio.

Interesting variations of the French omelet may be made by spreading the cooked omelet with jelly, jam or any suitable fruit marmalade before rolling and serving.



Even Faculty Must Eat

Kathryn Soth Says

Saleswomen Size Up Shoppers And They Like Coeds

A SMALL, blonde coed enters a dress shop and heads for the rack marked "Size 14." The head saleslady sees her, "sizes her up" and thinks of a little, pale blue crepe frock with organ-dy ruffles. The quick step, up-tilted nose and determined air of the girl show the saleslady that she's a girl who knows her own mind and what is becoming to her.

The saleslady asks the coed—Betty, we'll call her—what type of dress she's looking for. Betty wants something to wear for Sunday dinners and movies and Union dances. Our wise saleslady is sure then that her pale blue choice will be successful. She gets the dress, asks Betty to try it on, and in a few minutes both dress and girl are gone.

The funny part about it is that Betty thinks she made her own selection. The saleslady knows better.

This little episode is a very common one, according to an experienced ready-to-wear saleswoman in one of the stores in Ames.

"AN expert saleswoman can size up the customer the minute she enters the store, select the dress for her before she starts to look at dresses, and usually suit her," she said. "Usually she'll buy the dress chosen for her by the saleswoman. But, of course, she doesn't know her selection has been made for her."

Saleswomen in Hannum's, Tilden's, Osborn's, Violet's Toggerly, the Fair, and the Brown Shop were asked; "What do coeds usually buy?"

All agreed that hose are the one large item, though lingerie and sports clothes vie with them for popularity. One saleswoman said that coeds complain about "walking so much" and think of hose-buying as a necessary evil. Another said that coeds do a great deal of "general shopping and looking around," though hose and lingerie are their most frequent purchases. They seldom buy handkerchiefs for themselves, she said, though they occasionally buy them for gifts. Perhaps their own are gifts from others.

"It all depends on what they want," said another woman. "They buy skirts and blouses and one-piece dresses, about 50-50."

WHEN it comes to price one saleswoman said that she had found that coeds' ideas about price vary just as much as those of other women.

"It's just the way they look at it," she said. "Some want a whole closet full of very inexpensive dresses. Others want a few higher-priced things that will wear

longer; they consider the question from the economic standpoint. Of course, it depends on the purse in most cases."

The seven saleswomen interviewed were fairly well agreed that coeds are not, as a rule, price-quibblers. They seem usually to know about what they want to pay and look at nothing above that price.

When asked if coeds quibble over prices, one young saleswoman replied, "No, not nearly so much as their mothers do. Perhaps they feel a little embarrassed about price. In ordinary times there are quite a number of girls who won't ask the price at all until they come to pay for the garment. This hasn't happened so much in the last year, of course."

And no wonder! Are there really people who decide on a dress without knowing whether it costs \$15 or \$50?

"THERE are two types of girls," said a saleslady with years of experience to back up her answer. "Some buy what they want no matter what the price. Others are limited in their allowance and pay only so much."

"Ordinarily coeds don't talk about price if they find what they want," was the opinion of another.

Style is the thing given the most consideration when a coed selects a dress, these saleswomen believe. But style is not the only quality considered.



Coeds Shop for Suits

"It depends on the girl," said one woman after some thought. "Some want cute styles only. Others want quality."

Another remarked that in the last 3 months the trend has been toward giving quality more consideration than price. And another said that coeds often criticize workmanship and consider price and color as much as anything.

"FRESHMEN quibble a great deal over color," one saleswoman told on them. Perhaps they have been told in some course that they can't wear pink, and they just won't look at anything pink. Of course, they can usually wear some pinks and not others. By the time they are seniors they usually know better how to apply their class room problems."

This observing woman said that she can nearly always tell a freshman from a sophomore or a senior, because a freshman is more positive and harder to convince. She said that coeds always want youthful dresses—the "newest thing in." They seldom go into quality, she said, but almost invariably they ask if there will be more dresses in. They must have the latest. They often rush in and get a dress the last minute for some special occasion, sometimes even wearing the newly-purchased out of the store.

All seven saleswomen agree that the customers they like best are the pleasant, considerate ones. If a customer is pleasant, they don't care how particular she is. Most of them enjoy showing their stock to customers and like "exacting" people.

"I like the customer who really likes to try on and consider things. I like to have her pleased," one woman said.

"I LIKE the customer who has consideration for the sales person. Sales people don't like to be considered just pieces of necessary machinery. Some shoppers can't seem to realize that they are apt to meet a college graduate on the sales floor." This was the opinion of a young woman who evidently knows her business.

"I like the one who will select and try dresses on, even though they may not seem to be just what she wants. Clothes look so much different when they're on. And I like a woman who knows her own mind and doesn't have six or seven along to make up her mind for her." This was another opinion.

The "big nuisances" in the lives of saleswomen are those "perpetual shoppers" who are "always looking and never buying," those who "don't know their own minds" and let friends and family change them time after time, "unappreciative people who have no feeling at all for the clerk," and "snippy" people.

"Do coeds usually make up their minds in a hurry?" was the last question.

"It depends upon how many room-

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Hats Show Which Way the Wind Blows

By Sally the Style Scout

WHETHER you're grave or frivolous, the highlight, headlight and spotlight of your new spring outfit will be your new spring hat. How hats insinuated themselves into such a strategic position in the matter of deciding what a lady's state of mind shall be, it would be difficult to say. At any rate, a new bit of millinery is sufficient to raise almost immediately the spirits of the most despondent girl, and after surveying what these new bits of millinery are to be this spring—fresh and flattering off-the-face models, Breton sailors with enchanting rolled brims, swashbuck-



A Sailor That's Modified

ling buccaneero types, huge draped rims harking back to Napoleon, tiny linen or crepe chapeaux draped in clever new ways—she's practically certain to forget all her troubles and start trying on hats.

And that will be a very good course to follow for this spring, if you never did it before, you are going to have to take time out to consult a mirror about what really becomes you. It stands to reason that both types, the down-over-the-eye models and the off-the-face hats, won't be equally becoming to everyone, but out of the inspiring variety, it's pretty certain that you'll be able to find a little dream that will do miraculous things to your eyes and make everybody forget about your nose.

How about your forehead? Is it high, white and queenly? The off-the-face hats are the very newest thing and they are being greeted with nothing short of enthusiasm by girls on the campus. Of course the smart ones are a little wary. "I'm not just sure whether they'll become me—but I think they're adorable," is generally the comment. And indeed, they are a bit difficult to wear—to achieve exactly that windblown, breath of the fashion feeling without looking a

bit untidy—as though your hat had gotten pushed to the back of your head in the rush—is a problem. Undoubtedly, these hats say youth and vitality really "belonging" to the college girl, because the off-the-face effect does unkind things to the older woman, and she must resort to a softening veil or avoid the type entirely.

Marjorie Dunlap is planning to top off her navy blue swagger suit with a white off-the-face hat. Her other accessories also will be white. Helen McCollough has a navy suit, too—a very attractive one with a white pique collar—and her choice will be a navy blue off-the-face hat, probably a sailor with a rolled rim. Helen is enthusiastic about the large summer straws—stiff, tailored and very chic—but she feels that the smaller hats with queer little protuberances pushing off here and there are destined to fade into obscurity before the season is very far advanced.

THESE off-the-face brims may be worked out to suit the most exacting seeker after individuality. Betty Melcher is spreading the feeling for spring by wearing an attractive black straw perched well back on her head. The little brim is so applied that it gives the effect of a halo which is enhanced by a tiny veil. A metallic clip, just off center, completes its chic. Betty thinks that a hat perched so far back is not becoming to everyone, but she's glad the style is back because she feels happier in them.

Another brim type, exposing the forehead, suggests a regal tiara. It is of natural rustic paillasson braid (a very popular material this season) trimmed with black velvet and two feather flowers in yellow and capucine. The thing that really makes this model stand out as memorable is its matching accessories. Hat plus gloves plus handbag is another indication of the importance of matching millinery and accessories this season. The gloves and bag designed for this hat carry out the combination of black velvet with straw braid. Another clever ensemble is a beret of petersham in a three color combination—navy blue, pale lavender and rust—with matching scarf.

As we warned before, be sure and do some experimenting before you buy your new spring bonnet, because you may get a surprise. Agnes Starr had found that down-over-the-eyebrow models looked very nice on her and so she planned a spring hat that would be of the same general type she had been wearing. Lo and behold, in a day or two, Agnes was appear-

ing about the campus in the most becoming navy blue off-the-face model imaginable.

The rolled sailor hat is bound to be seen in ever increasing numbers because it combines simplicity and almost universal becomingness with chic. Bretons with effectively rolled brims about two and one-half inches wide, the four corner



A Feather in Your Hat

shallow crown, worn to one side, and the narrow square crown with rolled brim will probably be the most popular type. This leaning toward the tailored style is very strong—perhaps in keeping with the trend toward suits and ensembles for spring.

ONE navy and white tailored model is of stitched, sheared bagheera. A white bone ornament is posed on one side. Also in this tailored group is a hat of bright red felt with the medium wide brim rolled slightly at the edges, making it come into the Breton category. The crown is shallow with a pointed flange coming midway to the front, which is thrust through by two black whips finished with red feather disks.

Pique flowers in white with the curled edges tinted green trim another hat which is of the "dressy" tailored type—another steadily growing fashion tendency.

We must describe just one more before we go on. It is a rolled sailor of shiny white paillasson with the shallow crown of a red, white and blue plaid imported synthetic fabric, which (note the ensemble idea) makes the scarf. Its piquancy is accentuated by a shallow bandeau back and front of the crown fabric.

Adventurous souls will grab the new big hats. There are some perfectly thrilling ones sweeping out and back as dashing and swashbuckling as you please. Some hark back to the Napoleonic era and are severely charming. The new drooping "capelines" are among the most effective hats being shown. One large capeline by Suzy had an ultra shallow square crown and mushroom brim. It is developed in stitched black taffeta, and the brim is faced with natural leg-

(Continued on page 14)

Virginia Garberson Says That for Girls

Courtesies Mark the Man . . .

TIME: 12:15 of a Saturday night.

Place: Dorm room, sorority house, any place sheltering a few girls just in from the evening's dates.

Girl in the Pink Flannel Pajamas: Never again! He may look all right but (mournfully) he just doesn't know how to treat a girl! And he's dumb besides.

Girl with the Magnifying Mirror and the Pained Look: Did the brute step on your feet?

Girl in the P. F. P.: No—he's just so stupid about those little things that make us women feel so—well (fluffs her back hair out more becomingly) you know—sort of precious—and he wisecracked all evening long.

Girl with halo of Metal Curlers: You mean he's just dumb enough not to play Sir Walter every time you spot a mud puddle.

Girl in the P. F. P.: (plaintively) You needn't be nasty. After all, if you have any self respect at all, you have to expect some things from a man.

AND so you do—with good old fashioned gallantry and a little cooperation in keeping the evening from slinking off to a miserable death both right at the top of the list.

About the gallantry business first. There's nothing more flattering to us weak women than these:

Guiding us gently over curbs and bumps with a respectful hand at our elbows. Nothing like it to make us feel fragile and appealing. Also nothing worse than having the guiding hand linked through our arms in a chummy way while walking up the street or on the dance floor.

Opening doors of all kinds, and handing us in and out of cars with that certain air. Too many boys just lean over, open the door latch, and give a jolly little push that about lands us on our ear in the gutter.

Hopping up like he's discovered a stray thumb tack when we come into the room.

SOLITICIOUSLY inquiring our preferences as to forms of evening nourishment, and then relaying the information to the waiter. Deliver us from the man who rattles off his own order and then sits back to let us make known our poor little wants all by ourselves.

Asking approval of any dances he wants to trade, instead of thrusting us



into the arms of the world's worst without a minute's warning.

Doing us the honor of being invited to any big dances at least two weeks ahead of the date. A Friday night "How about our dance tomorrow night?" is practically enough to make any woman with reasonable pride hang up in a huff, even if she doesn't have a date and has been itching to go for weeks.

The list could go on interminably. But there's the other big requirement that asks for an airing—that vital quality of being entertaining.

PLANNING the evening's festivities is the man's privilege and duty, most girls agree. It's a bit disconcerting, to say the least, to have the lad call 10 minutes before he comes over and yawn casually into the phone, "Well, what are we going to do tonight?" After all, he knows how much money he has to spend, and that so often governs the program.

Another thing—the man absolutely must be able to talk. That is, talk with interest and a moderate amount of intelligence about some things other than school and the weather. Without conversational ability of some sort it doesn't matter whether he has a new Ford or can dance divinely—he's bound to be neatly packaged and labelled "dumb—to be shelved."

Girls move, second, and shout "aye" unanimously that they don't like the man with a "line." Conversation degenerates into cheap vaudeville dialogue with the girl playing "feeder", with the man

whose remarks are limited to a series of bright cracks. The sad part of it is that his sayings are so seldom original and practically never to the point.

Still along the lines of the man's part in making a date entertaining one girl says she's looking for a good sport. That sounds like it belongs on the other side of the page, but she insists that it doesn't. She says that more men ought to pretend they're having a good time at exchanges—even if they do come from pure duty—and shouldn't let a poor orchestra completely ruin an evening at a dance.

Breaking dates, of course, is out. Once in a while it's unavoidable, perhaps, and then most girls are reasonably gracious about accepting a sincere excuse, but beware of the fishy ones! Men really ought to know that any excuse, sterling or solid gold, sounds weak over the telephone when relayed by some friend of the date-breaker.

There are a countless number of little things that girls like and don't like in men, but it isn't necessary to go into it more deeply. Two things stand out, and with them Frankenstein or anybody could be assured popularity—observance of small courtesies and the ability to talk.

The Ten

For Men

1. *Thou shalt be able to talk, with no small amount of ease and interest, of kings and cabbages and all that lieth between.*
2. *Thou shalt have no other stars to guide thee in proper courtesies than Emily Post and the edicts of the Joint Social Councils.*
3. *Thou shalt not ask for dates at the last minute.*
4. *Thou shalt not lie nor flatter, but thou shalt cultivate the blessing of the blarney, for it shall stand thee in good stead.*
5. *Thou shalt pull out our chairs, and open for us the doors that lie before us, for which we shall bless thee, although we be husky enough to perform the task alone.*
6. *Thou shalt not be a wet blanket. If dost not like us nor the program of the evening, thou should have remained in thine own dwelling place.*
7. *Thou shalt not covet the repartee of Cantor, Penner, or Wynn.*
8. *Thou shalt not bear false witness against the other girls with whom thou hast had dates.*
9. *Thou shalt not break dates.*
10. *Thou shalt not be loud and noisy in the public places to cover the heads of thy companions with shame.*

"HELLO, Bill! Did you have a good time tonight?"

"I spent a terrible evening."

"What's the matter? The dance was good, the orchestra was fine, and the weather was perfect?"

"Yea, I know all about the weather. In fact weather and chemistry were all that I heard about all evening."

"Oh, I see. The blind date didn't go over so well."

"Naw. She talked all the time, as loud and as hard as she could—and the worst of it was that she didn't say anything."

"No more dates with her for you, I guess."

"Righto!"

THIS is very likely to be the typical conversation that goes on between two men after a disagreeable "first date" with a girl. If a man doesn't like a girl after such an occasion he never asks her for another date and he proceeds to tell all his friends to keep away from her. He dismisses her from his

mind with the broad phrase "she acts like a little girl."

Men are inclined to base this hasty condemnation of girls on trivial and supposedly insignificant things. Laying aside physical beauty the man's most destructive criticism is aimed at the conversational ability of women. If a man has an opportunity to air his mental beliefs—be they ever so small—to understanding, not sympathetic, feminine ears her success is assured. Whether his mental rating be high or low nothing enchants a man like a woman who can discuss economics, philosophy or religion with him intelligently.

Most men, consciously or unconsciously, have their own codes of "taboos" by which they judge the opposite sex, and a majority of these codes are built around only a few social errors.

"If there is anything I hate it's to hear two girls calling each other by pet names," said one of Iowa State's male students vehemently. He cited as examples "honey," "dear" and "kid."

MEN agree that the quickest way for a girl to dig her social grave is to break dates. Nothing cuts deeper into the heart of masculine pride, and no news travels faster than a broken date. They are willing to accept a reasonable excuse, but "lame" arguments—and men are over adept at sensing them—arouse plenty of unflattering criticism. Along with date breaking goes promptness. If ever a male is susceptible to black thoughts it is after the first 20 minutes spent in a parlor waiting for the girlfriend with nothing to do but twiddle his thumbs and smile enviously at his friends as they pass by.

"The less I see of giggling girls the more I enjoy life," said one male with the hearty approval of half a dozen others. "If she can't express her merriment by a sincere laugh or a charming smile, I would rather she didn't express it at all." And along with this quotation goes the opinion among men that more girls giggle themselves out of the admiration of masculinity than freeze themselves out by a lack of humor.

Loud, noisy girls are taboo, decrees the male student of Iowa State. "Such girls show a lack of refinement," says one. "They seldom have a sane thought in their head when they are noisy," says another. From a consensus of masculine opinion it behooves a girl to be careful about developing "a line." One college student in expressing his opinions on the subject said, "Girls with a line are usually 'lousy' except in rare cases where

Donald McGuiness Tells What Courtesies

Men Expect From Women



their personality makes them amusing. Such cases are the exception rather than the rule."

IF a man chuckles or appears delighted at the use of a trite expression he is usually doing it just to be polite, while under his skin, by his own admission, he is seething. Such expressions as "Oh, yeah?" "I'd be delighted," and "I adore it," are especially irksome. Men like to be flattered, it is true, but they don't like to have the same phrases used on them over and over again.

Some girls worry too much about how many accessories they should take with them on a date, and others don't worry enough about it. "I'm always glad to carry all the compacts, combs, purses, et cetera, that I can stuff in my pockets without making them bulge," is the agreement of men on this score, but the girl who brings everything but the kitchen sink on a date is very likely to be put on a fellow's black list—unless he has big pockets.

There are other things which men as a rule do not like to mention to their friends, but by which, nevertheless, they do judge the members of the opposite sex.

Gold-digging is a poignant source of discomfort to most men. They are slow to mention it to anyone else but quick to sense it. A girl drops rapidly in a man's opinion when she orders a midnight banquet and then merely nibbles it.

Most men are under the impression that it is the duty of the girl to keep up conversation on the first date. Not a single male has offered a logical reason for this assumption but it is, nevertheless, a firm masculine conviction.

Among the list of little social niceties which men expect of a woman are the proper ways of seating herself when her chair is being held for her and knowing how to take her companion's arm. No

(Continued on page 13)

Commandments

For Women

1. *Thou shalt try to make thy conversation interesting and at least to some extent intelligent.*
2. *Thou shalt not break dates.*
3. *Thou shalt not burden the hapless male with a vast assortment of compacts, mirrors, lipsticks, and what-not.*
4. *Thou shalt not jeopardize thy social popularity with the opposite sex by the use of "a line," for such a quality is both repulsive and exasperating to them.*
5. *Thou shalt avoid trite and irksome expressions as a method to fill in a lull in the conversation.*
6. *Thou shalt use discretion concerning when and where to take the arm of thy male companion, and under no circumstances hang upon his arm.*
7. *Thou shalt refrain from giggling at all times.*
8. *Thou shalt be prompt for dates, for lateness is a severe test to masculine temperament.*
9. *Thou shalt not be loud nor noisy, for thou shouldst be seen and not heard all over the campus.*
10. *Thou shalt refrain from calling thy girl-friends by pet names within hearing of the masculine sex.*

Alumnae Echoes . . .

. . . news bits from the front lines

Edited by Ruth May Green

Alvine Meyer, M. S. '32, has accepted the position of clothing teacher at the University of North Dakota at Grand Forks. She began work this February.

* * *

Mary Findley, '31, and **Dorothy Dorris**, '32, are dietitians at the juvenile home, Toledo, Iowa.

* * *

Ruth L. Bradshaw, '26, M. S. '32, is teaching home economics at St. Helen's Hall Junior College, Portland, Ore. She has classes in foods, dietetics, design and textiles and clothing.

* * *

Dorothy Thomas, '31, is dietitian of a girls' club in Minneapolis, Minn.

* * *

Anna Elizabeth Madill, '30, of Grinnell and **Gilbert C. Bartlett** of Miles were married last June.

* * *

Katherine Short, '33, is in Jackson Heights, N. Y., where she has a position in institutional management.

* * *

Loraine Mundt, '30, is now Mrs. Clifford C. Peterson of Shannon City.

* * *

Gladys (Branson) Mather, '26, of Buffalo, N. Y. has a new little daughter, Margaret Ann.

* * *

Margaret Carr, '27, of Garner and **Fred J. Arnold**, '29, were married December 27, 1933.

* * *

Florence Annabelle Burrell, '29, is the bride of **Franklin Bolin Burley**, since August.

* * *

Shirley Wells, '31, is a member of the dietetic staff of Massachusetts General Hospital in Boston, Mass.

* * *

Graduates who are taking part in adult education classes are: **Phyllis Erwin**, '33, Thurman; **Edna M. Collins**, '33, Ida Grove; **Alice Mary Ford**, '32, Estherville; **Priscilla Burroughs**, '28, Gilman; **Elizabeth Ruth Anderson**, '29, Albia; **Mabel Irene Phipps**, '19, Cherokee.

* * *

Ruth A. King, '32, is home lighting demonstrator for the Central Power and Light Company of Texas. Her headquarters is at San Benito, Tex.

* * *

Clara Loewenstein, M. S. '30, is a social case worker at Kearney, Neb.

Sarah R. Brown, '32, is assistant dietitian at Riley Hospital, Indianapolis, Ind. Her special work is some research



Sarah R. Brown

on self selection of diets for children. She says: "There is a great deal of cal-

culating as well as physical and mental work and planning. We had a month at first as control during which time we kept an account of what each child ate when served in the regular way. At the end of that month we started a selective period which is to last at least 3 months. We have a long table on wheels upon which we place our food. The children pass by the table indicating which foods they want and in what amounts they wish them. They may come back for as much food as they wish. The work is very interesting."

* * *

Medora Grandprey, '24, is nutrition assistant for the nursery school in the Institute of Child Welfare at the University of Minnesota.

* * *

Mabel Josephine Grimes, '26, of Eldora is teaching classes in dressmaking at Willmar, Minn.

* * *

On February 25, 1934, **Bessie Redfern**, '30, was married to **Willis L. Kurtz** of Webster City. She was home demonstration agent in Boone County before her marriage.

Graduates Enter Divers Fields

By Elizabeth Foster

WOULD you believe it possible that an Iowa State graduate acts as hostess on an eastern air-line, that another is a reporter, and that a third works in a bank? It's astonishing but true.

Since December 1929 up to August 1933, 845 women have graduated from the Home Economics Division. At the present time only 123 or 15 percent of them are unemployed. The other 722 have a wide variety of fascinating positions. Let's see what some of them are doing.

Eighteen percent or 150 are married or at home. This does not mean that these at home are without jobs. Instead, they act as homemakers due to the death or absence of their mothers and otherwise probably would have other positions. The largest percentage, 39 percent or 332, fill high school teaching positions. Six others are doing research work and teaching in colleges. Twenty more have resumed their education as graduate students.

Hospital dietetics work has attracted 56 while institutional management work engages 49 more. The next largest group is composed of 20 extension workers. Commercial demonstration agencies claim 19 and federal projects employ 16. The remaining 35 are in secretarial and library positions, store work, journalism, social service, nursery schools, or rural schools. Two are governesses, one is in

nurse's training, two are doing housework, one is grade-school principal, and one is clerk in a district court!

TWENTY-TWO different types of vocation are represented by women trained in the ten departments of home economics. Despite the fact that Iowa State training is somewhat specializing, the occupations possible include a wide variety.

An applied art major fills the airline hostess job, a household equipment graduate holds the bank position, and an education "grad" acts as the district court clerk. Institutional management women teach; household equipment graduates write; textiles and clothing people carry on extension work. There's almost no end to the vocations possible.

During the last four years which have proven very trying for many college students trying to find employment, 85 percent of Iowa State's outgoing women have found and are successfully holding jobs. That record makes the saying, "It's a privilege to be a grad of I. S. C." seem very true.

* * *

The cost of 48 chairs reconditioned last year by Tomkins County, New York, home bureau members ranged from 35 cents to \$3.56, while the average cost for reconditioning couches was \$2.25.

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Do You Know More Than the Name?

ARE we making the most of the opportunities we have here at Iowa State to hear and get to know more of the leaders in the field of home economics—recognize professional people, leading educators, outstanding home economists? Or are we getting our knowledge solely from text books? Are we allowing ourselves to go out from a home economics school without a talking knowledge of people who have contributed to home economics and those who are new in the field.

If we are, it is our own fault for Iowa State College is offering much of this outside contact. The Thursday morning divisional convocation with the programs sponsored by the various departments of Home Economics Club and by the home economics honoraries—Phi Upsilon Omicron and Omicron Nu—have done some definite work this year in bringing outstanding people—Isabelle Bevier, Helen Sawyer, Dr. Lemo Dennis, and others—to the campus.

But we needn't even wait for off-the-campus visitors to come in order that we make acquaintance with leaders. Members of Iowa State's own faculty are recognized widely. Even so, still there are graduates of Iowa State who in conversation after they are out have puzzled, "Dr. So-and-so? Why I've heard that name." That's all the more they know—they've heard the name! And all the while Dr. So-and-so has been here on the campus, and students, especially

when they get to be seniors, should know or make a point of learning who and what Dr. So-and-so is.

Part of our education here at college is to become acquainted with personalities, scientific leaders, educators and outstanding professional people. And, even if you are a senior, it is not too late—if you don't put it off until tomorrow—to get acquainted with these leaders who are around us all the time right here on the campus. Resolve today to get acquainted with the Dr. So-and-sos and Prof. So-and-so who are on the campus or who visit Iowa State so that you'll be able when questioned to say more than "I've heard that name."

Toys for Grown-ups

"PLAY," said the child psychology instructor "is spontaneous self-expression."

Toys, the explanation went on, are the tools of play. Toys are evidently a very necessary part of play, and everybody needs to play for "all work and no play makes Jack a dull boy."

All of which mental meandering leads one to the question, "What kind of toys do college women play with?" Most of us, it seems, think that now we should put our toys away in a box and sit around and wait for someone to show us what to play.

What became of that old cornet that was trotted out so gaily whenever the village band gave its weekly concert? Or perhaps you played the piano accompaniments for the glee club. Do you ever pick up your crochet hook, or your knitting needles any more? Are any new stamps added to your collection?

Somehow the idea got around that you'd have to be an expert if you were going to do this sort of thing in college. And that makes it sound like just another extra-curricular activity. Play with your toys, instead, and there'll be a relaxation in those few minutes while you're waiting for the dinner bell to ring.

Give Courtesy Its Place

IT'S the little things in life that count. Courtesy is one of these so-called little things and oh, how it counts! The lack of courtesy may call forth nothing more than a disgusted frown, but it is just as likely to be the point which puts you out of the running for the job.

Iowa State has been criticized that its courtesy program has not been all that it might. Men alone can't give an organization a plus rating in courtesy. Women must do their part—whether it be a mere thank you when a door has been opened, or being prompt for dates.

In this issue of the Homemaker we present the two sides of the more courtesy plea. Virginia Garberson, senior in home economics, analyzes John College's weak points in courtesy and Donald McGuiness, lone man staff writer, speaks for the man in telling what courtesies Betty Coed should observe always.



A Home Management Baby

Barbara Apple Reviews

Home Management Baby Study

HOME management babies have a decided flare for society.

Although the youngsters in Iowa State's home management houses are reared in an environment that is often called "abnormal," they're anything but anti-social. Quite the contrary. They are seldom shy of visitors, and they seem to be particularly glad when their "mothers" have men callers.

In fact, according to studies and observations of these babies, they sometimes go so far as to stage "one-man shows" when visitors appear. And so the often asked question about their social adjustment appear to be readily—and favorably—answerable.

The child's having to appeal for protection and affection to a new "mother" every five or six days seems to critics to be the most unfortunate feature of the plan. These critics believe that every child needs a permanent parent or parent substitute—of course this is not possible in the home management house plan. Then, too, an "only child" is often spoiled, and so some people believe home management babies may receive too much attention. Criticisms of this sort have caused sufficient controversy to induce the American Vocational Association to appoint a committee to encourage study of the problem.

This challenge was accepted by three investigators in the Home Economics Division of Iowa State College. Onica L. Prall, Ruby V. Simpson and Florence E. McLaughlin, each working independently, have approached the problem from somewhat different angles.

There were only three home management children when Miss Prall began her study during the school year 1928-1929. The results of her research were not intended to draw conclusions concerning home management babies in general. They were simply a means of comparing those of Iowa State with those of other colleges, thus gradually increasing the number of cases to the point where the results would indicate significant trends.

But how do these socially-minded home management youngsters compare with normal children of the same age from private homes of different social and economic status? This was the problem which Miss Simpson, during 1929-30, studied. For each of the four home management babies, two other children were selected, one from a home where the father was a day laborer and the other from a home where the father was engaged in one of the professions.

The ages of the children being compared differed by not more than 2 weeks. Physical examinations by the college

physician showed that all of the children compared favorably in general health and freedom from serious physical defects.

WINNING honors in motor skill was a simple matter for the home management babies, but speech seemed an unnecessary item to them. Miss Simpson found that, in general, the differences in development of traits for the three groups was very slight. The children from the professional homes were a little more advanced than children from the non-professional homes. Language and adaptive behavior seemed less advanced in home management babies.

Boarding homes and a small orphanage were next searched for subjects. Miss McLaughlin observed 18 children under the conditions of the investigation. She found that the home management children were superior in intelligence, as well as in health, to all of the other children examined. The "superior environment" of home management houses may have some bearing on the relatively high standing in intelligence of the children in them.

Youngsters living in home management houses are in great demand for adoption when they are old enough to leave. An investigation is now under way to determine the type of adjustment and degree of development that these former home management children have made in their foster homes.

You can raise parsley, watercress, onions and chives indoors as house plants in the winter. Parsley and watercress are just the things for garnishes and onions and chives can do a lot to flavor soups and salads. Peppermint and spearmint, as well as basil, thyme, rose geranium, nasturtium and lemon verbena, are other herbs that may be grown indoors.

The color of green vegetables may be saved by cooking them in an open kettle in boiling, slightly salted water and by serving them promptly. Specialists don't recommend adding a pinch of soda to the water, as it spoils the flavor and usually makes the vegetables somewhat mushy, and even worse, ruins the vitamins—one of the big reasons for eating vegetables at all.

If a roast is cooked at a high temperature, shrinkage will be much greater than if cooked at a lower temperature. The more the shrinkage the greater will be the loss in juices and the drier the roast will become. Roasting at a low temperature (about 300° F.) for the most of the cooking process will give the least possible shrinkage. If you like a well-browned roast you may increase the temperature just long enough to brown it, then reduce the temperature for the rest of the cooking period.

Modern Furniture Comes Into Own . . .

Jessica Watkins
Interviews Miss Russell

THE modern style of furniture is fundamentally sound, and does have a permanent place in the field of interior decoration, says Miss Mabel Russell, of the applied art staff.

"Just as the World's Fair of 1893 definitely influenced the taste of people toward the Renaissance style for 25 years following, so will the 1933 World's Fair have a strong emphasis on the trend toward modern design in furniture," she believes. "At the present time, many of the best designers in the United States are designing furniture in the modern manner."

While the modern design is comparatively new to the average buyer in this country, it is really not a new thing.

The trend toward modernistic houses and furniture, according to Miss Russell, began in Europe as early as 1899. Designers in Germany, Sweden, Austria and France were all working in modern design before the World War. By 1910 complete interiors were being designed in Europe in the modern manner.

PEOPLE in this country first became aware of the modern trend in design at the time of the International Exposition in Paris in 1925. At this time the United States had nothing in modern design to exhibit.

Miss Russell believes that with the background which it has, modern furniture can not in any way be considered a fad. It is a definite part of the age in which we are now living.

"The fussiness of the furniture of past periods, Miss Russell believes, is passing. This is a different age and it is foolish to try to impose furniture and design of past periods on people living in the present. The thing that designers are trying to do is in keeping with developments in other lines," she says.

The aim in the new furniture is for good design, pleasing proportion, and durability and comfort. It is built on sturdy lines, simple in design; the attention is given to structural lines rather than applied design. The square, the circle and the rectangle are the basis for most of the designs, and horizontal lines are dominant. Metal is used extensively in the construction, and many new and lovely woods have been introduced in furniture making.

"**B**EAUTY of line and color and comfort combined with durability are outstanding features of this furniture," said Miss Russell. "Interiors are often planned as an entire unit rather than as

individual articles, and furniture groupings are often constructed together—such as a sofa and bookcase or desk."

The greatest difficulty in the adoption of this furniture is that it is difficult to use effectively in combination with other styles. Miss Russell believes that expense of entirely refurnishing the house will prevent the use of modern furniture in many cases. Also, modern furniture to be at its best should be in a house of corresponding style, and as yet these have not become common in this country. It has, however, been used in apartments to quite an extent.

Many people are expressing a real interest in furniture in the modern manner. When mass production makes mod-

ern furniture less expensive and more modern houses have been built, the new style in furniture will no doubt be more generally used.

"In selecting modern furniture," Miss Russell says, "we must consider—as in buying any other furniture—beauty of proportion and line, durability, suitability of materials used, color, and its relation to other articles of furniture and to the house in which it is used."

If you want to send a decorated cake by mail, the box should be large enough to allow for cut or crushed paper between the box and the cake, but not too large or the cake will slip around and the frosting will be ruined.



Modern Furniture Is Simple Courtesy Du Pont Magazine

Sandwich in Sandwiches . . .

They'll Fit Says Bernice Borgman

"WHEN the fourth Earl of Sandwich in a moment of inspiration ate his meat between two slices of bread for the first time, he earned, unwittingly, the gratitude of generations to come for the invention of that most convenient form of refreshment—the sandwich." The Epicure, S. S. Pierce, Boston.

Miss Fern W. Gleiser and Miss Miriam E. Lowenberg, of the home economics staff, in a recent radio series, "Symposium on Sandwiches," offer a few suggestions in the many ways which the sandwich has come to be used—whole-some ones for the children's lunch box and the tidbits served before the dinner party to the attractively garnished creations for the elaborate tea.

"Mind your S's," is their first suggestion in making sandwiches. Have a sharp knife, stale bread (day old) and softened butter. To soften the butter, let it stand, covered, at room temperature for 10 minutes or more, then cream it with a fork or wooden spoon. Two teaspoons of hot water added to the butter when the creaming has started will hasten the process and also increase the volume of the creamed butter.

The sandwich-maker has a variety of breads from which to choose. There are white, graham, boston brown, rye, or fancy quick breads.

TO PEP up waning appetites try this crisp celery sandwich for luncheon. Chop crisp celery very fine and mix with salad dressing. Spread one slice of bread with butter, the other with a layer of the thin mixture. With a sharp knife split open the round stems of celery tips and put them between the bread, the tips just shownig at the edges.

Green-butter sandwiches will add color to the luncheon table. Boil $\frac{1}{8}$ peck of spinach, drain and press through a sieve. Cream $\frac{1}{4}$ lb. of butter and beat into it enough of the spinach pulp to give the required tint of green. Wipe the oil from 6 anchovies, remove the backbone and press through a sieve. Add them to the colored butter, a little at a time. Also add 2 tablespoons of parsley and 2 teaspoons of capers, both finely chopped. Chill slightly and use as a filling for sandwiches.

Here are two simple luncheon sandwich spreads. Equal parts of raspberry jam and peanut butter is spread on whole wheat bread; equal parts of chili sauce and creamed butter is tasty on white bread.

Tea sandwiches offer a large variety

of dainty tidbits. Nut sticks are made by cutting slices of white bread $\frac{1}{2}$ inch wide, and in strips 3 inches long. Spread on all sides and the ends with creamed butter. Roll in finely chopped, blanched, browned almonds or pecans.

The clever hostess who seeks an unusual sandwich for her tea table will appreciate this recipe for piquante ribbon sandwiches. Make a filling of 6 tablespoons butter, creamed, 4 tablespoons grated horseradish, 1 teaspoon lemon juice, 2 teaspoons finely cut parsley and a few grains of salt. To prepare the bread, remove the crusts from a loaf of graham bread and a loaf of white bread. Cut each into slices $\frac{1}{2}$ inch thick. Spread a slice of the white bread with the filling, cover with a slice of graham, spread with filling and cover with a slice of white. Continue in alternate layers until five slices of bread are used. Press firmly together. Wrap in a damp cloth, press under a board with a weight on top and when ready to serve cut in thin slices.

ROLLED sandwiches are always popular at teas. There are many kinds of fillings which may be used for these sandwiches. Cherry butter is made by creaming 2 tablespoons cream cheese with 1 teaspoon glace cherries. For sardine butter, mash sardines to a smooth paste with a few drops of lemon juice. To 2 tablespoons butter, creamed, add 1 teaspoon the sardine paste. Finely cut shrimps are delicious instead of the sardines. One-half teaspoon finely cut green pepper may be added for color.

The gentle art of rolling sandwiches is more easily mastered than the inexperienced may suppose. Remove crusts

from white or graham bread and cut the loaf lengthwise into thin slices. Wrap the slices in a damp cloth for 30 minutes. This softens the bread so that it will roll without breaking. When ready to make the sandwiches spread a slice of bread with the filling and roll the bread carefully. Wrap the roll in waxed paper and place in a cold place for 2 hours before using. When ready to serve cut the roll in slices $\frac{1}{4}$ inch thick.

Open face sandwiches are simple but attractive. From $\frac{1}{4}$ inch slices of bread cut diamonds, circles or other fancy shapes with a cookie cutter. Spread with your favorite topping.

A delicious cranberry spread is made by putting 1 cup cranberries through a food chopper and adding $\frac{3}{4}$ teaspoon grated orange rind and 2 tablespoons sugar. Set for 2 or 3 hours, drain off the juice and spread on buttered bread.

Cupid's butter is the delightful name applied to a delightful sandwich. Press the yolks of four hard boiled eggs through a sieve, mix with 1 cup creamed butter, $\frac{1}{3}$ cup powdered sugar, 1 teaspoon orange juice and gratings of orange rind. Spread on thin slices of angel food cake prepared for sandwiches. Press slices together and serve at once.

FAR removed from the tea table, the picnic sandwiches are more hearty.

For cheese and jelly sandwiches spread thin slices of bread with butter, then a layer of cream cheese and a second layer or red jelly. Other picnic suggestions are: sliced boiled ham and pepper relish on rye bread, chopped hard cooked eggs, sour pickles and mayonnaise on white bread, liverwurst and pepper relish on rye bread, and crisp broiled bacon, chopped dill pickle and mayonnaise on graham bread.

For Sunday suppers try some of these sandwiches: hot bacon and chicken sandwiches toasted or sauted in butter, welsh rabbit spread on bread and toasted, toasted sardine sandwiches with a few

(Continued on page 14)



A Sandwich-Salad Combination Is a Good One

Before Ordering . . .

Refresh Your French

By Regina Kildee

HAVE you ever, when in a beef-steak-and-apple-pie mood, been completely crushed by being confronted in a restaurant with a French menu card? It's extremely confusing, and one does not usually enjoy confessing his educational shortcomings to the waiter. Under these circumstances, most of us shut our eyes, point, and trust to luck and the chef.

There are, however, a few terms which, if known, will at least insure that we don't dine completely on desserts. Many on the following list are frequently encountered on menu cards written, for the most part, in the King's English.

abricot—apricot
au gratin—dressed with breadcrumbs
béchamel—very rich white sauce
boeuf—beef
café noir—black coffee
canard—duck
chocolat—chocolate
chou—cabbage
citron—lemon
conserves au vinaigre—pickles
côtelette de porc—pork chop
crème glacée—ice cream
crepes—pancakes
epinard—spinach
fromage—cheese
fromage à la crème—cream cheese
gâteau—cake
gelée—jelly
lait—milk
laitue—lettuce
lyonnaise—a sautéed dish seasoned with onions and parsley
macédoine—dish consisting of medley of fruits or vegetables
miel—honey
mouton—mutton
navet—turnip
pain—bread
pain bis—brown bread
paté—a shell made with puff paste
peche—peach
petits pains—rolls
petits pois—peas
pièces de four—pastry
pomme—apple
pomme de terre—potato
porc—pork
potate—sweet potatoe
pouding—pudding
pouding au raisin de Corinthe—plum pudding
potage—soup
potage à la julienne—vegetable soup
potage à la printanière—soup of early vegetables
poulet—chicken
purée—vegetables, cooked until tender, then put through a sieve

rissole—minced meat fritter
salade—salad
saucisse—sausage
thé—tea
tomate—tomato
tourte—a fruit pie
veau—veal
vinaigrette—vinegar sauce

OF COURSE that doesn't help much with the pronunciation. But it makes one feel debonair and sufficient unto oneself merely to have a faint suspicion of what to expect when ordering from a French menu card.

Presenting . . .

Mrs. McLean

By Laura Christensen

WITH the offer of a job such a rarity these days, a person who can call down offers of two very promising positions in 1 day must be a very accomplished individual. Mrs. Beth McLean, part-time instructor in the foods and nutrition department, did just that.

Mrs. McLean was formerly Beth Bailey and taught here some 10 years ago. She started both the meal planning and catering courses in the Home Economics Division. After her marriage Mrs. McLean moved to the West Coast, but two years ago, following her husband's death, with her two children she returned to the campus.

The thing that impresses people most about Mrs. McLean is her level-headedness. Different people have different names for it. A fellow instructor describes her as "the most sensible person I know." Another woman says of her "she is always calm and collected." But however you say it, she most certainly is not the type of woman so many men object to in business—one cannot imagine her breaking into tears or hysterics when things go wrong.

The position she accepted is with the Southern Rice Millers in New Orleans, La. It consists of training a corps of demonstrators who will go out on the road next summer and conduct cooking schools, thus advertising cereal products. The company first asked her to come to New Orleans for a personal application—at their expense. Speaking of the trip she said, "I had a perfectly lovely time, although I did worry about the children

a bit at first." (They had been left in Ames.) "They asked me how I liked the city of New Orleans, and I told them it was a lovely place, but I couldn't feature myself living there; so they put a taxi at my disposal and let me ride all around the town and see it for myself." When asked if she wasn't thrilled about the position, Mrs. McLean smiled and said, "Of course, but I have so little time to prepare in." She was to be there by March 1.

SHE herself claims that first among her virtues is being a good cook. The girls in her food classes, while they cannot vouch for her actual cooking, never having had a chance to taste it, say that if she meets with her verbal presentations it would certainly be delicious. "We always come away hungry," they say, "because Mrs. McLean is bound to launch into a palate-tickling description of a lovely baked red salmon, swimming in melted butter and dotted with tartar sauce and parsley, or a large chocolate angel-food cake with piles of gooey white frosting. One of her pet theories, she says, is that color is much more important in food than in clothes. In looking through a magazine, she always looks first at the pictured advertisements of foods; the stories and articles come second with her. "The advertisements alone are worth the price of the magazine," she says.

Her movements are all quick and purposeful—she never nervously taps her fingers or idles with a pencil. Her very step generates efficiency, and the swish of her white starched uniform spells action. Her iron-grey hair is short and combed neatly back in smooth waves.

"I will certainly be busy until March 1," she said before she left for her new job, but you can be sure that whether she is planning to move across a continent to a new job or doing something else she will always be busy.

Men Expect Courtesies

(Continued from page 7)

man likes to have a girl sit down so that he has to carry both girl and chair up to the table, and few men like to have their companion hang on their arms. Custom dictates that the girl is to take the man's arm in the evening, and that the man should take the woman's whenever she needs assistance.

The codes by which men are inclined to judge the poise and refinement of their feminine friends may appear to deal with the insignificant things, but they do play an important part when a man is making up his mind whether or not the girl "acts like a child."

If you want to curl your strips of bacon, give them a quick flirt of the fork as you take them from the pan.

Hats Show It

(Continued from page 5)

horn. The ribbon of black belting introduces tiny flower motifs in red and green, a version of novelty ribbon which is well liked in the French collections. An elastic bandeau at the back holds the hat on the head.

Some hats suggest the 1900 influence. They have brims about three inches wide, slightly curved up at the sides; crowns are round and low. These hats are worn quite straight and high on the head. The year 1900 is also suggested by the large shapes with irregular brims, low and drooping at one side and very much off the hair on the other.

THOUGH hat makers are reckless with their upturned brims and faithful to the shallow crowns, giving them individuality with creases, tucks or draping, there are few postilion crowns seen. A small hat with rolled brim at the sides and square crown is of the postilion type. It is of a truly spring-like emerald green felt.

All these types are lovely and exciting and new, but perhaps you've been wondering about the little hat, the kind you can jam on your head and dash to class in, confident that with a few curls pulled out here and there you look very presentable.

A large group of little caps, closely fitting the head are being shown. They are in natural or white linen and sometimes combine two colors. For evenning a cap of black satin is open worked by cording. Another has two large satin flowers, one white and one black, posed fetchingly on a little crown of black straw lace.

Very tiny gob shapes (round-crown with narrow cuff brim) are done in fancy straw braids, such as one of felt with cellophane. Fabrics lead the list, though, in popularity and they often have a flower feather trimming, standing up at one side.

PERHAPS you've noticed Virginia Larmer's flare for this type of hat. She is a firm believer in the philosophy that nothing adds more chic to a costume than a little hat of a material matching a dress, or one of plain material—linen, crepe, satin—touched up with a bit of trimming to match the outfit. Sometimes we have good ideas, but no convenient method of carrying them out, but Virginia has hit upon a clever and easy method of making her little hats.

First she constructs a simple little toque that fits her head exactly. She lets it come down around on all sides quite far, because when she begins, she's never sure exactly what the results will be. Now the real art of millinery is called into action, for she uses this little foundation shape on which to drape her material. Draping and pinning, tucking

and pulling, a bit of stitching, a button or two or perhaps a clever clip—that's the way a little hat is made. They fit perfectly, says Virginia; they really have no other choice, if this method is followed. It's not a bit expensive, either, she says, because only a few more inches of material are required and generally that much is left over anyway.

Virginia is especially partial to linen hats and plans a jaunty dark blue linen one to go with a figured crepe dress she is making—white and dark blue on a lighter blue background. It will not be an extreme of any style, she says, and will cover up some of her forehead. Another of Virginia's hobbies that's just as clever as making her little hats is the making of felt and linen costume purses that match her outfits.

If you've gotten the hat-draping fever after hearing about all this, here's the description of one that's not too hard and results are guaranteed to be potent.

It's a small ciré satin bonnet made with fat rolls of the ciré satin molded expertly to perch on the back of the head and gouged out in front to expose a bit of your bangs. With two round transparent ornaments stuck on top and your most charmingly demure smile, Easter should be dawning clear and beautiful for you.

Girls Don't Date

(Continued from page 1)

course is then removed and more hot food is brought from the kitchen. This continues until the meal is finished. It is always proper to leave something in the serving dish because that signifies abundance—and Chinese like to feel that their country is one of abundance. Sweet dishes and fresh fruits are the last course.

Wine and beer are always placed on the table for those who wish it. The tea that the guests partake of before the feasts helps to digest the dinner—which is generally greasy.

At some of the feasts, men students dress as the men do here, but most of them still wear their Chinese dress. It is very similar to that of the Chinese women. The marked difference is that the men's gowns are longer and the side slit comes almost to the hip. The sleeves on the men's costume come to the wrists. For very formal wear a black jacket is added to their attire.

SMILING her broadest smile and revealing her clear white teeth, Miss Yang says, "In China 'formal dress' means that we dress up. Here you dress down—you half dress with bare arms and backs when you go to formal dances and dinners. Chinese girls never wear sleeveless dresses, but sometimes at formal feasts we do wear gowns without collars."

Even the music in China differs from ours. Our music affects Miss Yang as something which creates sexual expression to stimulate feeling. The music in China is usually heard only as accompaniment to a play. It expresses good lessons for truth and loyalty and one feels that piety is a trait of good character.

The most shocking of American customs to Miss Yang when she first came to America 2 years ago, was the open freedom of boys and girls and their evident dating. But she is not shocked now. She has accepted our customs for what they are worth as we accept hers. Nevertheless, she remains firm in her former beliefs.

"I am Chinese," she says, "so of course I like Chinese customs best. I am not against your customs because we have different backgrounds and no one can say which is right or wrong. The only thing for us to do is to accept what has been taught us."

Saleswomen Size Up Shoppers

(Continued from page 4)

mates they bring with them. They usually make up their minds in a hurry if they come alone, but sometimes they bring as many as four girls along," was one answer.

Other saleswomen are pretty sure that all coeds aren't alike and said that some put on just one dress and are satisfied, while others try on dozens and then become discouraged. They are usually fairly sure what they want and take time to find it.

An experienced saleswoman with a daughter who used to be a coed summarized coed-shopping in a few words:

"Coeds are very frank. I'd rather wait on them than older people. If they like something they say so, and if they don't like it, they say they don't. They usually want many dresses at moderate prices, rather than few at high prices. They want snap and style. They like sport clothes. They are not price-quibblers and they make up their minds in a hurry."

Sandwich in Sandwiches

(Continued from page 12)

drops of lemon juice, or chopped ham and prepared mustard spread on slices of bread, dipped in a mixture of milk and eggs and fried in butter.

Fruits and vegetables may be included in the children's diets in the form of sandwiches. The following are some suggestions for wholesome and tasty ones: Wash and core apples, slice very thin, butter bread on both sides and place apples between; substitute carrots for apples; shredded head lettuce on well buttered bread; 1 cup finely cut parsley

(Continued on page 16)

Shopping With the Homemaker

By Lillian Feucht

APRIL and Easter. . . Of course this suggests nothing short of new spring styles, a few dusty corners brightened up and the season's flower—the lily—to lend its symbolism to the holiday. Although Easter comes on April 1 this year, we can wear the new fashions with never a fear of our appearance for the spring styles of 1934.

What a colorful, interesting variety of materials the merchants have this spring. And this is a real help for those who are planning to make their own ensemble.

There are many lovely cotton materials—seersuckers, piques, suiting and waffle cloth—on display at the Fair. It'll be well to remember these for they are sure to come in handy for the sophomore sewing dress problem. Besides, there is nothing, I think, quite like a crisp cotton dress to make one feel cool and comfortable. The prices are within the coed's buying power, too. As I was thinking about how much cotton goods it would take to make a dress, I was amazed at the small cost connected with it.

To add to the individual charm of the dress, use covered buttons and perhaps a buckle covered in the material, or perhaps a dainty little hemstitched ruffle. The Ames Hemstitching and Pleating Shop covers buttons and buckles and also does hemstitching.

I saw the loveliest new cotton material at Stephenson's. They have all sorts of fascinating weaves, colors and intriguing designs.

Down at the Brown Shop are the latest Miriam Gross knitted dresses. Anyone who has a weakness for knitted things is sure to adore these suits "made to fit your purse."

And if it's an afternoon frock of the finer fabrics Tilden's have Mosstone and Chalktone Crepes.

If your preference is for suits, the College Shop at Younkers has just the thing. One that appealed to me is in black and navy with white pearl buttons and detachable white pique revers. Also a windblown sport coat is featured—Schiaparelli's idea of the new silhouette.

I glanced in at Coe's Flower Shop and saw lovely white Easter lilies. As the centerpieces these would certainly add charm and a seasonal touch to any Easter dinner.

The Collegiate Shoe Shop will give the best of service and workmanship on shoes that need repairing and make them look like new for the Easter parade.

For a spread on a week-end night Malander's Grocery Store offers some very choice food that is sure to taste just right.

Rolls and pastries from Bates' Bakery will be thoroughly enjoyed in a spread or mid-afternoon lunch.

There is a special noon luncheon—a new menu every day—being offered at the Lincoln Candy Kitchen.

You will "Save With Safety" if your drug products are purchased at the Rexall Drug Store.

For your convenience "Your College Club"—Memorial Union—offers several suggestions. Beauty parlor service will put the finishing touches to your appearance for Easter morning. If you wish to make a long distance phone call, telegraph or send a letter to your friends, the Memorial Union is at your service.

New household helps in paper products—dusting papers, cookery parchments, shelf lining paper, scouring parchment, fancy wax papers—are to make house-keeping easier and better. If how to use these papers is a puzzle, there's a free booklet describing their uses. It may be had by calling or writing Reynolds and Iversen.

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Home and Career

By Alberta Hoppe

WHAT is happening to the great American family? Will it become a thing of the past because of decreased birth rate and women's desire for careers? Or if it continues to exist, what shall be its basis? These are some of the questions confronting economists of today.

A slow increase in the population of Iowa from 1930 to 1970 and then a de-

cline, has been predicted by Prof. P. K. Whelpton of the Scrips Foundation for the study of population, Oxford, Ohio. He has based his prediction on a 15 percent decline in the birth rate, a 5 percent increase in life expectancy and out-of-state migration of half the natural increase in population.

Dr. Elizabeth Hoyt, of the Economics and Home Management Departments of Iowa State College, suggests a solution to the declining birth rate problem through education. "We must stress the joy and enlarged life and interest that children bring to a home," says Dr. Hoyt. Statistics show that it is the birth

rate of the higher class of people that is falling off. In the past, emphasis has been placed on material and cultural attainment. People thought more about their clothes, food and homes than about raising a family.

The purpose of a home should not be merely to serve as a lodging place. It should be bound together by bonds of love, should have a spiritual influence on its members, and should serve to broaden the variety of interests within the group.

THAT a woman need not exclude a career because she wants a home, is shown by Virginia MacMakin Collier, who has made a study of 100 women who are wives, mothers, homemakers and professional women, and who has recorded her observations in "Marriage and Careers." The question is no longer should women combine marriage with careers, but how do they manage it and how does it work? Four necessary elements are sympathetic cooperation from the husband, good health, good training and experience before marriage, and short or flexible hours of work.

It is of interest to note that in a recent survey made on the campus, senior women, when asked how many children they would desire, specified a higher number than did freshmen. It appears that education leads to a desire for children, not a decreased number.

The Home Economics Division of Iowa State College trains women for successful professional careers and to be successful homemakers. The education and training they receive here are important in their family life and homes in the future. By acquiring a sound education on which to base family life, either homemaking or a combination of homemaking and a professional career, today's women are answering some of the problems the economists ask.

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So—keep your afternoon costumes above reproach. Take advantage of the present prices, and make several.

Mosstone Crepes Now \$1.49 yd.

Chalktone Crepes \$1.29

TILDEN'S

DOWNTOWN AMES

Sandwich in Sandwiches

(Continued from page 14)

or $\frac{3}{4}$ cup finely cut spinach added to $\frac{1}{2}$ pound butter creamed and spread evenly on both sides of bread, and puree tomatoes boiled until the mixture is the consistency of chili sauce, blended with creamed butter and spread evenly between two slices of bread.

If sandwiches must be made an hour or more before they are used, they can be kept moist by piling them closely, wrapping in waxed paper, covering with a napkin wrung as dry as possible out of cold water and keeping them in the ice box or other cold place.

Even leftover sandwiches can be used. They can be sauted in butter and served hot.

Cod-liver oil, egg yolk, salmon, oysters, California sardines, butter and milk are good sources of vitamin D.

Fads Are Not Facts

Raisins are the best source of iron milk and orange juice won't mix "it's natural for our family to be fat" food left in opened tin cans immediately becomes poisonous

Faddish and unsound, these beliefs (and many others)—but very common. Among other things, it's the business of home economics training at Iowa State to give its students accurate, reliable information on such subjects as these.



Whether the girl is preparing herself for home making or for commercial work, she's entitled to the most scientific and authoritative knowledge. She must have it. And she gets it in the Home Economics Division.

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